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AFI10-248, 7 July 2005, is supplemented as follows: This supplement applies to all Air Force members assigned, attached, or tenant to the 51st Fighter Wing and associated to Osan Air Base.

SUMMARY OF REVISIONS

Updates paragraphs **1.9.4.2.**, **1.20.4.2.**, **1.20.5.1.**, **4.2.1.2.**, **4.2.1.3.**, **5.3.1.1.**, **5.3.2.1.**, **5.4.1.** and **A8.1.**; Adds paragraphs **3.2.2.1.**, **3.6.1.**, **6.1.**, **6.2.1. (Added)**, **6.2.2. (Added)**, **A7.1.**, **A7.2.2.**, **A7.2.3.**, **A8.1.2.**, **A8.1.3.**, **A8.1.4.**, **A8.1.5.**, **A8.2.** and **A8.2.1.**; Deletes paragraphs 3.5.4.2., A8.2.4. thru A8.2.4.4., A8.3.1. and A8.3.18. A bar (|) indicates revision from the previous edition.

| 1.9.4.2. Ensures Group commanders, 7 AF and tenant units appoint a primary and alternate Fitness Assessment Monitor (FAM) to conduct cycle ergometry fitness assessments on their respective members. If active duty, FAMs appointed must have at least 9 months remaining of Time On Station (TOS).

1.12.5.2. At Osan, appointees should be available to accomplish Physical Training Leader (PTL) duties for a minimum of 9 months. Every effort possible should be made to appoint individuals who have prior experience as a PTL.

1.12.7.1. At Osan, appointees should be available to accomplish Unit Fitness Program Managers (UFPM) duties for a minimum of 9 months. Every effort possible should be made to appoint individuals who have prior experience as UFPMs.

1.18. Military Personnel Flight and Commander Support Staffs will be the focal point for the administration of the Fitness Program.

| 1.20.4.2. The 1.5 mile timed run will be conducted at one of 4 sites certified by the 51 FW/CC. These sites are the Charlie Diamond course, the Doolittle Gate course, the High School track, and the indoor track at the Osan Fitness Center. Specific procedures regarding the administration of the timed run are in AFI 10-248, Attachment 8.

1.20.5.1. The Exercise Physiologist (EP) at the HAWC will customize plans on a case by case basis for individuals with exemptions.

3.2.2.1. Full component points (30) are awarded for body composition if the member has a Body Mass Index (BMI) < 25 kg/m². For individuals with a BMI ≥ to 25 kg/m², body composition component points will be calculated from the Abdominal Circumference (AC) measurement. An AC measurement will be performed on all members regardless of BMI.

3.6.1. Group Commanders are the waiver authority for any mission related exemptions.

4.2.1.2. It is the responsibility of the member to complete the Fitness Screening Questionnaire within 30 calendar days, but NLT 7 days prior to fitness assessment to allow medical evaluation, when indicated. Members who answer “yes” to any question on the Fitness Questionnaire must be cleared by a medical provider prior to their fitness assessment, and must schedule an appointment with their Primary Care Manager (PCM) prior to fitness assessment. .

4.2.1.3. It is the members responsibility to ensure the UFPM receives a copy of their Medical Clearance Letter provided to them by their PCM.

4.3.3.2. UFPM are responsible for identifying members requiring cycle ergometry to the FAMs. 51 FW and tenant unit FAMs are responsible for contacting the Health and Wellness Center (HAWC) to reserve cycle ergometry room(s). The HAWC will make cycle ergometry testing stations available each week.

5.3.1.1. UFPM will contact the HAWC with the names of the individuals who require the Healthy Living Workshop (HLW). UFPMs will contact the individual(s) with their HLW appointment times. The UFPM will instruct member to bring AF IMT 108, **Physical Fitness Education and Intervention Processing** to class. Attendees will be logged into a database maintained by the HAWC.

5.3.2.1. The UFPM will contact the HAWC with the names of individuals who require entry into the Fitness Improvement Program (FIP). UFPMs will contact the individuals with their appointment times for the FIP and instruct members to bring AF IMT 108 to class. FIP class attendees will be logged into a database maintained by the HAWC. FIP attendees are a special population requiring strict monitoring of heart rate intensities and Monthly follow-ups scheduled by the Fitness Program Manager. Members enrolled in the FIP are required to use AF IMT 1975, **Fitness Improvement Activity Log - Aerobic Training-Strength Training** to record their heart rates and workout intensity during exercise and, the FitLinxx database to track exercise participation. The UFPM must review AF IMT 1975 at least once a month and sign off in the “review section.” FIP enrollee’s are required to bring AF IMT 1975s to all follow-up sessions with the FPM for heart rate/intensity evaluation.

5.3.2.5. Fitness Center staff will develop monthly calendar of FIP classes.

5.3.2.6. Fitness Center staff will provide heart rate monitors for checkout to members on the FIP.

5.3.2.7.1. FIP members will either use FitLinxx monitored equipment or sign in and participate in a Fitness Center FIP class and enter workout into FitLinxx.

5.3.3.1. UFPM will contact the HAWC with the names of individuals who require entry into the Body Composition Improvement Program (BCIP). UFPMs will contact the individuals with their appointment times for the BCIP. Class attendees will be logged into a database maintained by the HAWC.

5.4.1. Health Promotion Manager may substitute for the Fitness Program Manager (FPM), as part of Fitness Review Panel.

6.1. Osan uses the FitLinxx database for tracking exercise activities. Members will use FitLinxx to log their exercise activities. The POC for FitLinxx is the Fitness Center staff. UFPM will obtain access to FitLinxx to track and report unit metrics. Unit metrics may include the percentage of unit personnel entered into FitLinxx, percentage of unit personnel exercising an average of three times per week each month and recognition for members exceeding standards.

6.2.1. (Added) All squadrons will be 100% compliant with the fitness requirements each month. All members arriving on Osan AB that are “not current” will be allowed six(6) weeks for temperature and climate acclimation before official PT testing.

6.2.2. (Added) Members must be current on their annual PT test during their tour at Osan and must also be current up to 90-days after arrival to their new base. If the member’s PT expires within 90-days of PCS, or will expire within 90-days after PCS, then member must be tested prior to leaving Osan to ensure current status. UFPMs will ensure that members are current on PT test prior to PCS and ensure members remain current up to 90-days after arriving at their new base. Commanders will ultimately be responsible for members who were not current and were allowed to PCS.

A7.1. Resources required to administer the run are a stopwatch, scorecard(s) with writing utensils to record participants times and cell phone or other means of directly contacting the Emergency Room. Consider using numbered runners bibs for tracking larger groups.

A7.2.2. The following restrictions are in place to aid in monitoring and ensure the safety of our members. Each course should only have the following number of runners on the course at one time: Charlie Diamond- 25, Doolittle Gate- 25, High School- 10, Fitness Center- 2

A7.2.3. The HAWC staff has determined that a minimum of one PTL is required for any testing session. The PTL can be augmented with untrained monitors. Monitors are defined as any personnel identified to assist with recording, serving as a road guard or a course field marshal (one who directs runners to stay on course). The PTL must, in accordance with AFI 10-248, be responsible for controlling the stop watch and thus timing the members. For testing at Charlie Diamond, a minimum of one monitor will record member times and one monitor will be stationed at each corner of the diamond to visualize participants for a total of 5 PTLs/monitors. For the Doolittle Gate course, PTL will control stop watch, one monitor will record member times, one monitor will be stationed at the western end of the pond and one monitor will be stationed at the turnaround point for a total of 4 PTL/monitors. Depending on size of group, 1-2 PTL/monitor(s) are required for testing at the High School track. One PTL is required or Fitness Center course.

A8.1. The fitness center POC will also be responsible for coordinating reservations for all four testing site courses.

A8.1.2. The approved standardized 1.5 mile outside courses marked by the Fitness Center staff are located at the Charlie Diamond beginning at the West point of the diamond at the start marker and ending after two laps at the West point stop marker. The course runs counterclockwise and runners must stay to the right (taxiway side) of the yellow line throughout the course. Crossing the yellow line (i.e., cutting corners) will invalidate the test and may subject the participant to commander disciplinary action. The Charlie Diamond course will be available for testing during the warmer months (Apr – Oct) Wednesday and Friday morning from 0630-0830 and winter months (Nov-Mar) from 1400-1600. The fitness center will identify a POC located in the Fitness Center that will be responsible for coordinating with the all flying units affected to include Transient Alert (TA), 5 RS and 55 ALF in addition to contacting Base Ops. In the event that mission needs supersede scheduled fitness testing, testing on the Charlie Diamond course

will be cancelled for that day. PTL will be responsible for Foreign Object Damage (FOD) removal after the completion of every unit testing session.

A8.1.3. The Doolittle Gate course will begin at the marker near the Doolittle Gate and will be marked as an out and back course. The Doolittle Gate course is available during daylight hours.

A8.1.4. The High School track course begins at the start marker and ends after approximately 7.3 laps at the stop marker.

A8.1.5. The approved standardized 1.5 mile indoor course is the Fitness Center elevated track. The starting point is clearly marked "Start" at the entrance of the track. Individuals being tested will run counter-clockwise in the center lane for a little over 13.75 laps ending at the "Finish 1.5 Mile" Mark.

A8.2. The Fitness Center staff will be the POC for when courses are open for testing. During the summer months, Bioenvironmental Engineering (BEE) will determine the Wet Bulb Globe Temperatures (WBGT) and report to the Fitness Center when the value is equal or greater than 85 degrees Fahrenheit (testing prohibited). BEE will re-contact the Fitness Center staff when the WBGT declines below 85 degrees Fahrenheit (testing allowed). The PT Leader is responsible for contacting the Fitness Center staff for conditions prior to testing in during potentially adverse weather conditions.

A8.2.1. The PT Leader will have phone access to the emergency room using an on-base phone (784-2500) or cell phone (031-661-2500).

JOSEPH REYNES, JR., Brigadier General, USAF
Commander